

Grapefruit



Nutrition Facts

Serving Size: .5 Grapefruit (123g)

Amount per Serving

Calories 37 Calories from Fat 1.1

	% Daily Value *
Total Fat .12g	.18%
Saturated Fat .02g	.1%
Mono Fat .02g	.08%
Sodium 0mg	0%
Potassium 158.7 mg	4.5%
Total Carbohydrate	3%
9.45g	
Dietary Fiber 1.7g	6.8%
Sugars 7.76g	
Protein .68g	1.4%
Vitamin A	6%
Vitamin C	78%
Calcium	1.4%
Iron	.8%

Selection: Grapefruits should be firm, yet slightly springy when gentle pressure is applied. While chilled grapefruits do not have an apparent fragrance, those kept at room temperature should have a subtly sweet aroma. Grapefruits can be purchased throughout the year although the height of the season ranges from winter through early spring. A good grapefruit doesn't have to be perfect in color. Skin discoloration, scratches or scales may affect the appearance of a grapefruit, but they do not impact the taste or texture quality.

Storage: Since grapefruits are juicier when they're slightly warm rather than cool, store them at room temperature if you are planning on consuming them within a week of purchase. If you will not be using them within this time period, store them in the refrigerator crisper where they will keep fresh for two to three weeks.

Preparation and Cooking Ideas: Grapefruits should be rinsed under cool water before consuming, even though you will probably not be eating the peel, since cutting into an unwashed fruit may transfer dirt or bacteria that may reside on the skin's surface to the edible flesh.

Berried Avocado Grapefruit Salad



Ingredients:

- 1 C. Bibb lettuce
- 1 C. Watercress
- 2 avocados, seeded, peeled and sliced
- 2 cups grapefruit sections
- 1 cup fresh raspberries
- Prepared sweet vinegar and oil dressing

Nutritional Info

- Servings Per Recipe: 4
 - Amount Per Serving:
 - Calories: 240
-
- Total Fat: 17.6 g
 - Sodium: 12.3 mg
 - Total Carbs: 23 g
 - Dietary Fiber: 8.2 g
 - Protein: 2.9 g

Directions:

Line serving platter or individual salad plates with lettuce and watercress. Arrange avocado, grapefruit and raspberries over and sprinkle with dressing.

Zesty Citrus Chicken

Ingredients:

- 2 Chicken Breast
- 1 Large Grapefruit
- Salt & Pepper
- Garlic Powder

Nutritional Info

- Servings Per Recipe: 2
 - Amount Per Serving:
 - Calories: 138
-
- Total Fat: 1 g
 - Sodium: 126 mg
 - Total Carbs: 15 g
 - Dietary Fiber: .4 g
 - Protein: 17.7 g

Directions:

Squeeze fresh Florida grapefruit or orange over chicken. Place grapefruit or orange halves inside chicken, then season with salt, pepper and garlic powder. Roast at 400F. Cook chicken 15 minutes per pound until fully cooked.

Baked Grapefruit



Ingredients:

(This recipe yields 1 serving)

- 1 grapefruit (we use pink grapefruit)
- 2 teaspoons butter or margarine
- 2 Tablespoons brown sugar
- 1 teaspoon cinnamon
- 2 maraschino cherries with stems

Nutritional Info

- Servings Per Recipe: 1
 - Amount Per Serving
 - Calories: 259
-
- Total Fat: 11.8 g
 - Sodium: 90 mg
 - Total Carbs: 41 g
 - Dietary Fiber: 1.4 g
 - Protein: 1.5 g

Directions:

Cut grapefruit in half. Using grapefruit knife, cut sections and loosen fruit from shell. Dot each half with 1 teaspoon of butter. Sprinkle each half with 1 Tablespoon of brown sugar. Sprinkle 1/2 teaspoon of cinnamon over brown sugar. Place in baking pan and bake in preheated oven at 350 degrees for 5 minutes, then broil until top is bubbly. Remove from oven and place in serving bowl and put a maraschino cherry in the center.

Mangos



Nutrition Facts

Serving Size: 1 C. Sliced (165g)

Amount per Serving

Calories	Calories from Fat 4	
107		
<hr/>		
	% Daily Value *	
Total Fat 0g		1%
Saturated Fat	0g	1%
Mono Fat	0g	0%
Sodium 3mg		0%
Potassium 257 mg		7%
Total Carbohydrate 28g		9%
Dietary Fiber	3g	12%
Sugars	24g	
Protein 1g		2%
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Vitamin A		25%
Vitamin C		76%
Calcium		2%
Iron		1%

Selection: Mangos can be considered ready to eat when slightly soft to the touch and yielding to gentle pressure, like a ripe peach. The best flavored fruit have a yellow tinge when ripe; however, color may be red, yellow, green, orange or any combination.

Storage: The best way to ripen a mango is at room temperature, on the kitchen counter and if you wish to accelerate the process place in a paper bag overnight (some folks place an apple with the mango in the bag to create more natural ethylene gas and further decrease the ripening time). Once ripened the mango can be refrigerated for a few days, but should be used shortly thereafter.

Preparation and Cooking Ideas: Mango is best peeled and cut by cutting off all four sides around the large seed. Once you have these pieces cut away from the seed slide you knife between the skin and meat of the mango. Remove skin and cut into chunks.

Mango Chicken Stir-Fry

Prep Time: 10 Min Cook Time: 15 Min.



- pieces
- ½ C. Soy Vay Veri Veri Teriyaki Sauce
- Cooked white or brown rice
- ¼ C. Slivered almonds, toasted (optional)

Ingredients:

- 1Tbsp. Vegetable Oil
- 1 lb boneless, skinless chicken breast, cut into bite-size pieces
- 12 oz. fresh produce stir-fry mix (may make your own)
- 1 Large Mango, Peeled, pitted & cut into bite-sized

Nutritional Info

- Servings Per Recipe: 4
 - Amount Per Serving: 284g
 - Calories: 350
-
- Total Fat: 17.6 g
 - Sodium: 1080 mg
 - Total Carbs: 28 g
 - Dietary Fiber: 3 g
 - Protein: 36 g

Directions:

Heat oil in a large skillet. Sauté' chicken over medium-high heat for 5 min. Add vegetables to skillet; cook and sir for about 5 min or until vegetables are crisp-tender. Stir in mango and sauce and cook until very hot. Serve over rice sprinkled with almonds, if you like.

Mango Bread



Ingredients:

- 2 cups flour
- 2 tsp. baking soda
- 2 tsp. cinnamon
- ¾ cup cooking oil
- 1/2 tsp. salt
- 1 1/4 cups sugar
- 1 tsp. vanilla
- 3 eggs
- 2 cups diced mangos
- 1/4 cup walnuts
- 1/2 cup coconut, shredded

Nutritional Info

- Servings Per Recipe: 20
 - Amount Per Serving: 1 slice
 - Calories: 156.5
-
- Total Fat: 10.7 g
 - Sodium: 194.5 mg
 - Total Carbs: 13.1 g
 - Dietary Fiber: 1 g
 - Protein: 2.6 g

Directions:

Sift flour, salt, soda, and cinnamon together. Make a well in dry ingredients and add eggs, oil, vanilla, sugar, nuts, coconut and mangoes; mix well, put into 2 greased 8 x 4 x2 loaf pans. Let stand 20 minutes before baking at 350 degrees f for one hour.

Note: This makes 2 loaves. I like it plain - no frosting, but sometimes I sift powdered sugar over the top of cool bread.

Pears



Nutrition Facts

Serving Size: 1 each (166 g)

Amount per Serving

Calories 97.94 **Calories from Fat** 5.98

% Daily Value *

Total Fat 0.66g	1.02%
Saturated Fat 0.14g	0.2%
Trans Fat 0g	
Sodium mg	0%
Potassium 207.5mg	5.93%
Total Carbohydrate 25.08g	8.36%
Dietary Fiber 3.98g	15.92%
Sugars 17.50g	
Protein .65g	1.3%

Vitamin A	.1%
Vitamin C	11.07%
Calcium	1.8%
Iron	2.3%

*based on 2000 kcal diet

Selection: Since pears are very perishable once they are ripe, the pears you find at the market will generally be unripe and will require a few days of maturing. Look for pears that are firm, but not too hard. They should have a smooth skin that is free of bruises or mold. The color of good quality pears may not be uniform as some may feature russetting where there are brown-speckled patches on the skin; this is an acceptable characteristic and oftentimes reflects a more intense flavor. Avoid pears that are punctured or have dark soft spots.

Storage: Pears should be left at room temperature to ripen. Once their skin yields to gentle pressure, they are ripe and ready to be eaten.

Preparation and Cooking: Fresh pears are delicious eaten as is after gently washing the skin by running it under cool water and patting it dry. Since their skin provides some of their fiber, it is best to not peel the fruit but eat the entire pear.

Pear Walnut Squares



Prep and Cook Time: 25 minutes

Ingredients:

- 1 & ¾ C. Flour
- ¾ C. Powdered Sugar
- ¾ c. Butter, softened
- 1 tsp. cinnamon, divided
- ¼ tsp salt
- ½ C. chopped walnuts
- 3 ripe California Bartlett pears, peeled, cored and sliced
- 3 large eggs
- 1/3 C. packed brown sugar
- 1 & ½ tsp. vanilla extract

Nutritional Info

- Servings Per Recipe: 12
 - Amount Per Serving
 - Calories: 175
-
- Total Fat: 9.6 g
 - Sodium: 41.2 mg
 - Total Carbs: 20 g
 - Dietary Fiber: 1.1 g
 - Protein: 3 g

Directions:

Preheat oven to 350 degrees. In a medium bowl, combine flour, powdered sugar, butter, 1/2 teaspoon of the cinnamon and salt; mix well. Press into the bottom of a greased 7 x 11-inch baking dish. Top with nuts and pear slices. In the same mixing bowl, beat together eggs, brown sugar, vanilla and remaining cinnamon until well combined; pour over pears. Bake for 35 to 40 minutes, or until set in center. Cool completely before cutting into squares.

California Bartlett Pear Salsa



Ingredients:

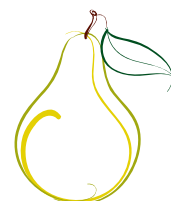
- 2 Ripe but firm California Bartlett Pears, diced
- 2 Tbsp. dry currants
- ¼ Small red onion, finely diced
- ½ Medium yellow pepper, diced
- ½ jalapeno pepper, finely diced
- 1 clove garlic
- 2 tsp olive oil
- 2 limes –just the juice
- A pinch of cayenne pepper
- Salt to taste

Nutritional Info

- Servings Per Recipe: 4
 - Amount Per Serving
 - Calories: 133
-
- Total Fat: 2.9 g
 - Sodium: 42.6 mg
 - Total Carbs: 28.7 g
 - Dietary Fiber: 3.9 g
 - Protein: 1.9 g

Directions:

In a medium bowl, toss all the ingredients together and season with salt to taste.
For a change, combine the salsa with one avocado, either diced or mashed to create a California Bartlett Pear Guacamole.



Pomegranates



Nutrition Facts

Serving Size: 1 (3-3/8" dia) (154g)

Amount per Serving

Calories
105

Calories from Fat 4

		% Daily Value *
Total Fat	0g	1%
Saturated Fat	0g	0%
Mono Fat	0g	0%
Sodium	5mg	0%
Potassium	399 mg	11%
Total Carbohydrate	26g	9%
Dietary Fiber	1g	4%
Sugars	26g	
Protein	1g	2%
Vitamin A		3%
Vitamin C		16%
Calcium		0%
Iron		3%

Selection: Fruits should be plump and round, heavy for their size, with a rich, fresh color and should be free of cuts and blemishes. Larger fruits promise more juice.

Storage: Whole fruits can be stored for a month in a cool, dry area or refrigerated up to two months. The seed pips can be frozen in an airtight bag up to one year. Fresh juice should be refrigerated and used within two to three days.

Preparation and Cooking Ideas: To score open pomegranate either by cutting in half or ripping it open. Place in water and begin to peel off seeds in water. Then strain and keep only the ruby red seeds. They can be eaten raw or prepared depending on your recipe.

Pomegranate-Glazed Baked Squash & apples

Prep Time: 30 min

Cook Time: 20-30 min.



Ingredients:

- Juice from 2 Large Pomegranates, or ½ C. 100% Pomegranates Juice*
- 2.5 lbs butternut squash
- 4 apples (med-large)
- ½ C. Light brown sugar
- 2 Tbsp. melted butter
- 1 Tsp. salt
- Garnish: ¼ C. arils from 1 Large Pomegranate

*For 1 C. Juice, cut 2-3 large pomegranates in ½ and juice them with a citrus reamer or juicer. Pour the mixture through a cheesecloth-lined strainer or sieve. Set the juice aside

Nutritional Info

- Servings Per Recipe: 6- 8
 - Amount Per Serving: 1 Cup
 - Calories: 263
-
- Total Fat: 4 g
 - Sodium: 428 mg
 - Total Carbs: 61 g
 - Dietary Fiber: 7 g
 - Protein: 2 g

Directions:

Prepare garnish – Score 1 fresh pomegranate and place in a bowl of water. Break open the pomegranate under water to free the arils (seed sacs). The arils will sink to the bottom of the bowl and the membrane will float to the top. Sieve and put the arils in a separate bowl. Reserve ½ C. of the arils from fruit and set aside. (Refrigerate or freeze remaining arils for another use.)

Prepare fresh pomegranate juice. Preheat oven to 350°F. Peel butternut squash and cut into 2 inch chunks. Arrange in a buttered 13x9x2" baking dish. Cut apples into quarters or slices (peeled or skin on); add to baking dish. Mix together light brown sugar and pomegranate juice. Spread on squash and apples. Drizzle with butter. Bake 20-30 min until soft. Garnish with arils.

Pomegranate Guacomole

Prep Time: 10 min

Cook Time: 0



Ingredients:

- 1/2 cup arils from 1 large POM Wonderful Pomegranate
- 2 ripe avocados, pits removed, peeled and diced
- 1/2 cup chopped cucumbers
- 1/4 cup chopped green onion
- 1/4 cup chopped cilantro
- 1 tablespoon lemon juice
- Salt and pepper to taste

Nutritional Info

- Servings Per Recipe: 8
 - Amount Per Serving:
 - Calories: 88.7
-
- Total Fat: 6.7 g
 - Sodium: 23.8 mg
 - Total Carbs: 7.8 g
 - Dietary Fiber: 3.2 g
 - Protein: 1.2 g

Directions:

Place diced avocados in bowl. Score 1 fresh pomegranate and place in a bowl of water. Break open the pomegranate underwater to free the arils (seed sacs). The arils will sink to the bottom of the bowl and the membrane will float to the top. Sieve and put the arils in a separate bowl. Reserve 1/2 cup of the arils from fruit and set aside. (Refrigerate or freeze remaining arils for another use.) Add 1/4 cup pomegranate arils and the remaining ingredients to the diced avocados. Mix well. Add salt and pepper to taste. Place guacamole in a serving bowl and sprinkle remaining pomegranate arils on top for garnish. Serve with assorted color tortilla chips.

Artichokes



Nutrition Facts

Serving Size: 1 Artichoke (56g)

Amount per Serving

Calories 25 Calories from Fat 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Mono Fat 0g	0%
Fiber 70mg	3%
Sodium 180mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 2g	2.3%
Vitamin A	2%
Vitamin C	10%
Calcium	2%
Iron	2%

Selection: Pick up the Artichokes and feel the weight. You're searching for those that feel the heaviest and firmest. Now examine the exterior. You're looking for Globes that have a healthy green color, compact center leaves and an overall look of freshness (not dehydrated). During the winter months (December to February), if you see Artichokes with a blotchy colored or white-blistered exterior appearance, be sure to try one. The appearance of these Artichokes is the result of exposure to colder temperatures and frost. Connoisseurs believe these "Frost-Kissed" Artichokes are more tender and have a flavorful, nutty zest.

Storage: For refrigerated storage, slice a dime width off of the Artichoke stem, sprinkle the raw Artichoke stems with water and refrigerate them in an airtight plastic bag. It's best to cook them within five to seven days after you buy them.

Preparation and Cooking Ideas: Boil or Steam for roughly an hour in your favorite seasoning. Then let cook and eat the leaves plain or use butter or mayonnaise.

Artichips

Ingredients



- 2 Large Ocean Mist Artichokes
- 3 cups water
- butter or garlic flavored cooking spray
- BBQ or mesquite seasoning

Directions

Start with two large Ocean Mist Fresh Artichokes. Rinse under cold water and trim stem to 1/2-3/4" long. Snip/Trim each leaf with kitchen shears or scissors. Set Artichokes aside. In a large

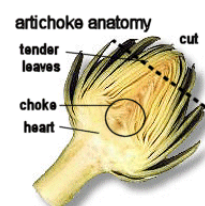
glass microwavable container microwave 3 cups of water until boiling (about 5 minutes). Place the Artichokes in the dish of hot water with the stem sitting flat in the water. Cover the Artichokes with an inverted Pyrex microwavable bowl. Microwave Artichokes on high for 15 minutes. Artichokes are done when you can easily pierce through with a fork. Remove the Ocean Mist Artichokes from dish and cool until you can handle.

Separate leaves from the choke and place loose Artichoke leaves in a gallon food storage bag. Spray butter or garlic flavored cooking Artichoke leaves and sprinkle with your favorite BBQ or mesquite seasoning. Close bag and until leaves are coated. Store in the refrigerator and serve with your favorite dip.

**7 ounces of BBQ Potato chips have 972 calories where 12 ounces of Artichips have only calories!

Nutritional Info

- Servings Per Recipe: 2
- Amount Per Serving
- Calories: 76
- Total Fat: .2 g
- Sodium: 166.9 mg
- Total Carbs: 17 g
- Dietary Fiber: 8.7 g
- Protein: 5.3 g



the stem

bag.
spray on
shake

120

STUFFED ARTICHOKES

Cook Time: 1 hr, Yield 6 servings

Ingredients



- 6 large artichokes
- 5 to 6 cloves garlic
- 2 to 3 tablespoons olive oil
- 3 pounds tomatoes
- 3 tablespoons chopped fresh basil leaves
- 3 tablespoons chopped flat-leaf parsley leaves

- Salt
- 1/2 tablespoon vinegar or lemon juice, optional
- 2 to 2 1/2 cups coarse breadcrumbs from a good country loaf
- 3/4 cup freshly grated Parmesan

Directions

Trim off and discard the stems of the artichokes, leaving about 1/2 inch. Scrub the artichokes clean under running water. Using sharp scissors, cut 1/2 inch off the top of each leaf, and with a very sharp knife slice about 1-inch off the top of the artichoke. To a large kettle of boiling salted water, add 2 or 3 whole garlic cloves and 1 tablespoon of olive oil. Cook the artichokes, covered, for 45 to 55 minutes, or until tender. Remove them carefully with tongs or a big slotted spoon, and place them upside-down on a rack to drain as they cool.

To make the filling, cut the tomatoes into 1/4-inch dice and chop the remaining garlic. Mix the tomatoes and garlic with the chopped herbs, 1/2 teaspoon of salt, 1 1/2 tablespoons of olive oil, and a touch of vinegar or lemon juice if you want it. Stir in most of the bread crumbs, check the consistency, then stir in more as needed to make a fairly thick mixture. Finally, add the Parmesan. When the artichokes are cool enough to handle turn them right side up and gently pull open the leaves from the center of each one. Pull out the thin leaves from the very center and then scrape out the fibrous choke with a teaspoon. Spoon some of the filling into the center cavity of each artichoke, then spoon a bit more here and there between the leaves. Distribute it evenly between the 6 artichokes, using about 2/3 cup for each. A little bit more olive oil can be drizzled over the artichokes just before serving.

Serve these at room temperature or chilled, and don't hold them longer than 3 or 4 hours.

Nutritional Info

- Servings Per Recipe: 6
- Amount Per Serving: 1
- Calories: 429
- Total Fat: 14 g
- Sodium: 1216 mg
- Total Carbs: 62 g
- Dietary Fiber: 13 g
- Protein: 19.4 g

Avocados



Nutrition Facts

Serving Size: 1 Cup (146 g)

Amount per Serving

Calories 235 Calories from Fat 201

	% Daily Value *
Total Fat 22.37g	34.42%
Saturated Fat 3.56g	17.8%
Mono fat 14.03g	58.5%
Sodium 14.6 mg	.6%
Potassium 874.5mg	24.9%
Total Carbohydrate 10.8 g	3.6%
Dietary Fiber 7.3g	29.2%
Sugars 1.31g	
Protein 2.89g	5.8%
Vitamin A	17.8%
Vitamin C	19.22%
Calcium	1.6%
Iron	8.3%

*based on 2000 kcal diet

Selection: A ripe, ready to eat avocado is slightly soft but should have no dark sunken spots or cracks. If the avocado has a slight neck, rather than being rounded on top, it was probably tree ripened and will have better flavor. A firmer, less mature fruit can be ripened at home and will be less likely to have bruises. A firm avocado will ripen in a paper bag or in a fruit basket at room temperature within a few days. As the fruit ripens, the skin will turn darker.

Storage: Once ripe, they can be kept refrigerated for up to a week. If you are refrigerating a whole avocado, it is best to keep it whole and not slice it in order to avoid browning that occurs when the flesh is exposed to air.

Preparation and Cooking: Use a stainless steel knife to cut the avocado in half lengthwise. Gently twist the two halves in opposite direction if you find the flesh clinging to the pit. Remove the pit, either with a spoon or by spearing with the tip of a knife.

Mexican Cheese Salad

Prep and Cook Time: 10 minutes



Ingredients:

- 1 head romaine lettuce
- 1 15-oz can black or pinto beans, rinsed and drained
- 1 medium avocado, cubed
- 1 medium tomato, diced
- 2 oz low-fat cheddar cheese, grated
- salsa
- lime wedges

Nutritional Info

- Servings Per Recipe: 2
- Amount Per Serving : 632 g
- Calories: 397

- Total Fat: 18g
- Cholesterol: 6 mg
- Sodium: 605 mg
- Total Carbs: 48.5 g
- Dietary Fiber: 16 g
- Protein: 22.7 g

Directions:

Chop lettuce and place on salad plate. Sprinkle beans, avocado and tomato over lettuce. Top with cheddar cheese, your favorite salsa and the juice of lime wedges.

California Avocado and Mango with Yogurt, Honey and Lime



Ingredients:

- 2 ripe fresh California Avocados, chilled, halved, seeded and peeled
- 2 Mangos, chilled, halved, seeded and peeled
- Cayenne pepper, to taste
- Salt, to taste
- $\frac{3}{4}$ C. plain low fat yogurt (Greek-style pref.)
- 2 large limes, juiced
- 3 Tbsp Honey
- 4 Mint Springs, for garnish

Directions:

Slice avocado and mango halves lengthwise in 1/2-inch slices. Arrange the fruit on individual salad plates, alternating the avocado and mango slices. Mix equal parts cayenne pepper and salt and lightly sprinkle over fruit slices, to taste.

Whisk together yogurt, lime juice and honey in a small bowl. Just before serving, spoon 2 to 3 tablespoons of dressing in a stripe over each salad.

Garnish with mint sprigs and serve immediately.

**Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.*

Nutritional Info

- Servings Per Recipe: 4
- Amount Per Serving :
- Calories: 269

- Total Fat: 12g
- Cholesterol: 2.7 mg
- Sodium: 168 mg
- Total Carbs: 43 g
- Dietary Fiber: 5.3 g
- Protein: 5.5 g

Bell Peppers



Nutrition Facts

Serving Size: 1 large bell pepper
(164g)

Amount per Serving

Calories 33 Calories from Fat 3

	% Daily Value *
Total Fat 0.3g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 4.9mg	0%
Potassium 287mg	8%
Total Carbohydrate 7.6g	3%
Dietary Fiber 2.8g	11%
Sugars 3.9g	
Protein 1.4g	3%
Vitamin A	12%
Vitamin C	220%
Calcium	2%
Iron	3%

Selection: Choose peppers that have deep vivid colors, taut skin, and that are free of soft spots, blemishes and darkened areas. Their stems should be green and fresh looking.

Storage: Unwashed sweet peppers stored in the vegetable compartment of the refrigerator will keep for up to one week.

Preparation and Cooking: Rinse thoroughly.

Stuffed Bell Peppers

80 Minutes to Prepare and Cook



Ingredients

- 4 large green bell peppers
- 1 cup of cooked brown rice
- 1 lb 93% lean ground turkey
- 2 garlic cloves
- 1/2 cup chopped onion
- 1 can diced tomatoes (with italian seasoning is better)
- tomato sauce - enough to cover the bottom of a casserole dish
- 2 tbsp canola oil

- Salt & Pepper to Taste

Directions

Preheat oven to 400 degrees F.

Cut bell peppers in half lengthwise; discard seeds and membranes. Place in a casserole dish - the bottom of the dish should be covered with a thin layer of tomato sauce. In a pan, add canola oil and sautee the onions until translucent (5-7 minutes). Add minced garlic and cook for 2 minutes. Then add the ground turkey and brown. In a large bowl, combine the cooked ground turkey, brown rice, and diced tomatoes. Add salt and pepper to taste. Scoop mixture into each bell pepper half. Bake, covered, for 30 minutes. If desired, uncover, sprinkle mozzarella cheese on top, and bake an additional 5 minutes.

Nutritional Info

- Servings Per Recipe: 4
- Amount Per Serving
- Calories: 296.2

- Total Fat: 8.6 g
- Cholesterol: 0.0 mg
- Sodium: 998.3 mg
- Total Carbs: 30.9 g
- Dietary Fiber: 4.2 g
- Protein: 24.4 g

Chicken and Bell Pepper Rice Casserole

55 Minutes to Prepare and Cook

Ingredients



- 1 cup bell pepper diced
- 1 cup chicken broth
- 3 chicken breast with no skin diced
- 2.5 cups of white rice
- 1 cup mozzarella cheese

Directions

1. add all of the ingredients into a pan and mix with a spoon, add salt and pepper for flavor.
2. cook at 350 for 50 min.

Nutritional Info

- Servings Per Recipe: 12
- Amount Per Serving
- Calories: 152.9

- Total Fat: 3.1 g
- Cholesterol: 41.8 mg
- Sodium: 228.0 mg
- Total Carbs: 12.2 g
- Dietary Fiber: 0.3 g
- Protein: 17.6 g

Beets



Nutrition Facts

Serving Size: 1 Cup (170 g)

Amount per Serving

Calories	
74.8	Calories from Fat 2.8
% Daily Value *	
Total Fat .31 g	0.48%
Saturated Fat .31g	0.25%
Trans fat 0g	0%
Sodium 484.5 mg	20.2%
Potassium 518.5 mg	14.8%
Total Carbohydrate	
16.9 g	5.6%
Dietary Fiber 3.4g	13.6%
Sugars 8.16g	
Protein 2.86g	5.7%
Vitamin A	1.2%
Vitamin C	10.2%
Calcium	2.7%
Iron	7.4%
Folate	34%

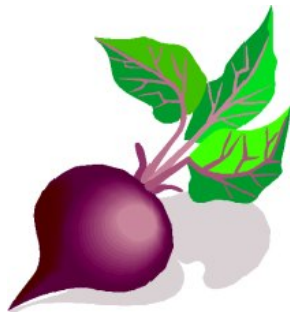
*based on 2000 kcal diet

Selection: Choose small or medium-sized beets whose roots are firm, smooth-skinned and deep in color. Smaller, younger beets may be so tender that peeling won't be needed after they are cooked.

Storage: Store beets unwashed in the refrigerator crisper where they will keep for two to four weeks. Cut the majority of the greens and their stems from the roots, so they do not pull away moisture away from the root. Leave about two inches of the stem attached to prevent the roots from "bleeding." Store the unwashed greens in a separate plastic bag where they will keep fresh for about four days

Preparation and Cooking: Cook beets lightly. Studies show beets' anti-cancer activity is diminished by heat. Once cooked peel the beets, if you peel them before cooking some of the nutrients will bleed out during the boiling process. Beets' color can be modified during cooking. Adding an acidic ingredient such as lemon juice or vinegar will brighten the color while an alkaline substance such as baking soda will often cause them to turn a deeper purple. Salt will blunt beets' color, so add only at the end of cooking if needed. Note: Another way to prepare your beets is to marinate steamed beets in fresh lemon juice, olive oil, and fresh herb

Apple-Beet Salad-Southern-Style



Ingredients:

2 cups apple -- unpeeled shredded or chopped Granny Smith work well
1 15 oz can whole beets -- drained, shredded OR 1 pound cooked beets -- chopped
3/4 cup celery -- sliced
1 tablespoon lemon juice
1 tablespoon honey
lettuce leaves
3 tablespoons walnuts -- chopped, toasted

Nutritional Info

- Servings Per Recipe: 4
- Amount Per Serving :
- Calories: 148
- Total Fat: 4.4g
- Cholesterol: 0 mg
- Sodium: 335 mg
- Total Carbs: 27.3 g
- Dietary Fiber: 5g
- Protein: 3.5 g

Directions:

Combine all ingredients except the lettuce leaves and walnuts, tossing gently.
Spoon out each serving onto lettuce leaves and sprinkle with walnuts to serve.

Prep and Cook Time: 10 minutes
Serves: 4

Beet Macaroni Salad

Ingredients:

1 7 oz. pkg. shell macaroni; cooked and drained
1 10 oz. pkg. frozen green peas; cooked and drained
1/4 c Diced celery
1/4 c Chopped onion
2 16 oz. cans diced beets; drained
1 c Mayonnaise or salad dressing
Salt and pepper; to taste



Nutritional Info

- Servings Per Recipe: 10
- Amount Per Serving :
- Calories: 213
- Total Fat: 11g
- Cholesterol: 6.8 mg
- Sodium: 459.9 mg
- Total Carbs: 25 g
- Dietary Fiber: 3.3 g
- Protein: 4.2 g

Directions:

In a large bowl, combine all ingredients. Cover and refrigerate for several hours or overnight.

Glazed Baby Beets

Ingredients

20 baby beets, scrubbed
2 cups apricot juice
3 tablespoons white balsamic vinegar
2 tablespoons honey

Prep and Cook Time: 25 minutes



Nutritional Info

- Servings Per Recipe: 5
- Amount Per Serving :
- Calories: 153
- Total Fat: .4g
- Cholesterol: 0 mg
- Sodium: 133 mg
- Total Carbs: 37 g
- Dietary Fiber: 5 g
- Protein: 3 g

Directions

In a large saute pan, add the beets and the apricot juice. Cover and cook on medium high for 10 minutes. Add the vinegar and honey and cook for another 10 minutes. Pull off of the heat and keep covered for an additional 5 minutes.

Serves: 4-5

Broccoli



Nutrition Facts

Serving Size: 1 Cup (156 g)

Amount per Serving

Calories		Calories from Fat
43.68		4.91
% Daily Value *		
Total Fat 0.66g		1.02%
Saturated Fat 0.14g		0.2%
Trans Fat 0g		
Sodium 42.12 mg		4.13%
Potassium 505.4 mg		14.4%
Total Carbohydrate 8 g		2.73%
Dietary Fiber 4.68g		18.72%
Sugars 3.12g		
Protein 4.66g		9.32%
Vitamin A		45.61%
Vitamin C		205.67%
Calcium		7.5%
Iron		7.6%
*based on 2000 kcal diet		

Selection: Choose broccoli with floret clusters that are compact and not bruised. They should be uniformly colored, either dark green, sage or purple-green, depending upon variety, and with no yellowing. In addition, they should not have any yellow flowers blossoming through, as this is a sign of over maturity.

Storage: Broccoli is very perishable and should be stored in open plastic bag in the refrigerator crisper where it will keep for a week. Since water on the surface will encourage its degradation, do not wash the broccoli before refrigerating

Preparation and Cooking: Both cooked and raw broccoli makes excellent additions to your meal plan. Some of the health-supporting compounds in broccoli can be increased by slicing or chewing, since both slicing and chewing can help activate enzymes in the broccoli. The heating (for example, steaming) of unsliced broccoli is also fine, since bacteria in the intestine also have enzymes that can cause production of health-supportive compounds.

5-Minute Healthy Steamed Broccoli

Healthy Steaming is a gentle way to prepare broccoli that enhances its flavor, brings out its color, makes it tender and preserves most of its nutrients. It tastes best when served the Mediterranean way with this easy dressing.

Prep and Cook Time: 5 minutes



Ingredients:

1 lb broccoli

Mediterranean Dressing

3 TBS extra virgin olive oil

2 tsp lemon juice

2 medium cloves garlic

Sea salt and pepper to taste

Directions:

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, cut broccoli florets into quarters. Cut stems into 1/4-inch pieces. Let florets and stems sit for 5 minutes to bring out their hidden health benefits.
3. Chop or press garlic and let sit for at least 5 minutes.
4. Steam broccoli for no more than 5 minutes. If stems are cut thicker than 1/4-inch, they will require 1-2 minutes of cooking before adding the florets.
5. Transfer to a bowl. For more flavor, toss broccoli with the remaining ingredients while it is still hot. (Mediterranean Dressing does not need to be made separately.) Research shows that carotenoids found in foods are best absorbed when consumed with oils.



Serves 2

Nutritional Info

- Servings Per Recipe: 2
- Amount Per Serving
- Calories: 248

-
- Total Fat: 21.1g
 - Cholesterol: 0.0 mg
 - Sodium: 139.4 mg
 - Total Carbs: 13.3 g
 - Dietary Fiber: 6.9 g
 - Protein: 7 g

Brussels Sprouts



Nutrition Facts

Serving Size: 1 Cup, boiled (156g)

Amount per Serving

Calories 61 Calories from Fat 7

	% Daily Value *
Total Fat .8g	1%
Saturated Fat .16g	0.80%
Mono Fat .06g	0.25%
Sodium 33mg	1.4%
Potassium 494 mg	14%
Total Carbohydrate	4.5%
13.5g	
Dietary Fiber 4g	16%
Sugars 6.2g	
Protein 4g	8%
Vitamin A	22%
Vitamin C	161%
Calcium	5.6%
Iron	10%

Selection: Good quality Brussels sprouts are firm, compact and vivid green. They should be free of yellowed or wilted leaves and should not be puffy or soft in texture. Avoid those that have perforations in their leaves as this may indicate that they have aphids residing within. If Brussels sprouts are sold individually, choose those of equal size to ensure that they will cook evenly. Brussels sprouts are available year round, but their peak growing period is from autumn until early spring.

Storage: Keep unwashed and untrimmed Brussels sprouts in the vegetable compartment of the refrigerator. Stored in a plastic bag, they can be kept for 10 days. If you want to freeze Brussels sprouts, blanch them first for between three to five minutes. They will keep in the freezer for up to one year.

Preparation and Cooking Ideas: Brussels sprouts are usually cooked whole. To allow the heat to permeate throughout all of the leaves and better ensure an even texture, cut an "X" in the bottom of the stem before cooking.

Roasted Brussels Sprouts with grape Tomatoes

Prep Time: 10 min

Cook Time: 20 min.



Ingredients:

- 2 C. Trimmed & halved Brussels sprouts (about 1 lb.)
- 2 Tbsp. Olive oil
- Salt, to taste
- Pepper, to taste
- 1 C. grape tomatoes
- 2 Cloves Garlic, minced

Nutritional Info

- Servings Per Recipe: 4
- Amount Per Serving:
- Calories: 88.6

- Total Fat: 7 g
- Sodium: 14.6 mg
- Total Carbs: 6.2 g
- Dietary Fiber: 2.1 g
- Protein: 1.9 g

Directions:

Toss 2 C. trimmed and halved Brussels sprouts with olive oil; season with salt & pepper. Roast 400°F for 15 min. or until crisp-tender. Add Grape tomatoes and garlic; roast 5 more minutes.

Brussels Sprouts

Prep Time: 10 min

Cook Time: 0



Ingredients:

- 1 lb fresh brussels sprouts
- 4-6 Tbsp butter
- 1/2 onion, chopped
- Salt and Pepper
- 1 teaspoon lemon juice or 1 Tbsp Meyer lemon juice, fresh squeezed
- 1/4 cup toasted slivered almonds

Directions:

Boil in water or steam Brussels sprouts for 3-4 minutes until just tender. Split one open to see if it has cooked to the middle. Strain and place in a bowl of ice water to keep the color bright green. Cut into halves.

Sauté onions in 2-3 Tbsp of butter in a wide sauté pan until the onions are translucent. Add the Brussels sprout halves and 2-3 Tbsp more of butter and cook on medium high heat for several more minutes, until the sprouts have reached your desired level of doneness. Add salt and pepper to taste while the sprouts are cooking. Whatever you do, do not over-cook, as the sprouts will be bitter.

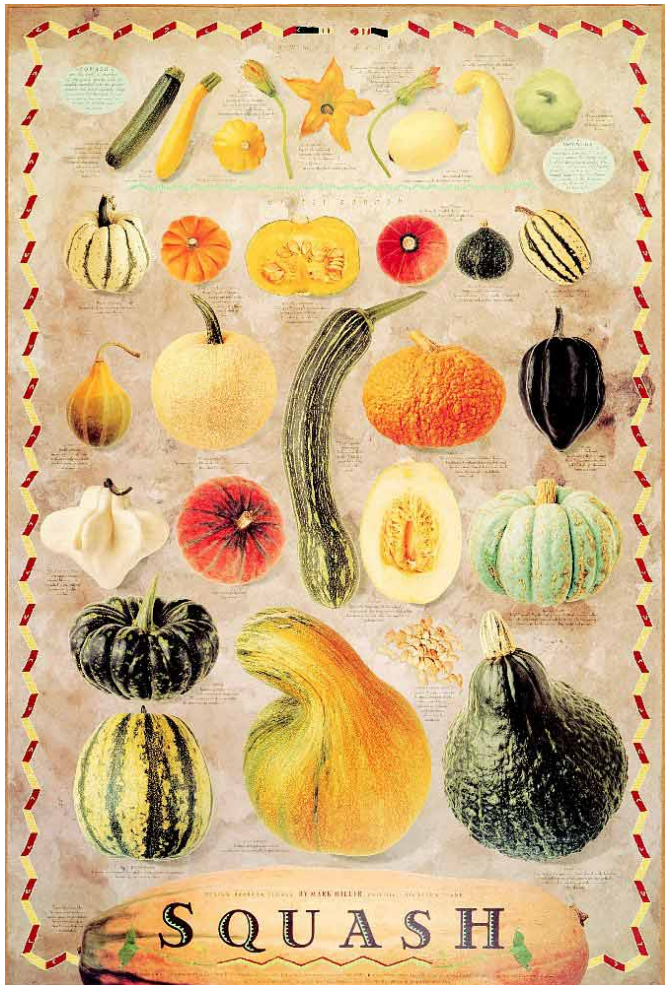
Remove from heat, toss in half of the toasted slivered almonds and the lemon juice. Add salt and pepper if needed. Put into serving dish and garnish with the rest of the toasted almonds.

Nutritional Info

- Servings Per Recipe: 8
- Amount Per Serving:
- Calories: 144

- Total Fat: 9.7 g
- Sodium: 86.3 mg
- Total Carbs: 12.9 g
- Dietary Fiber: 4.8 g
- Protein: 5.1 g

Summer Squash



Nutrition Facts

Serving Size: 1 cup (205g)

Amount per Serving

Calories 82 Calories from Fat 2

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 8mg	0%
Potassium 287mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber	0%
Sugars	
Protein 2g	

Vitamin A	457%
Vitamin C	52%
Calcium	8%
Iron	7%

*based on 2000 kcal diet

Selection: When purchasing summer squash, look for ones that are heavy for their size and have shiny, unblemished rinds. Additionally, the rinds should not be very hard since this indicates that the squash are over mature and will have hard seeds and stringy flesh.

Storage: Summer squash is very fragile and should be handled with care as small punctures will lead to decay. It should be stored unwashed in a plastic bag in the refrigerator, where it will keep for about seven days.

Preparation and Cooking: Wash summer squash under cool running water and then cut off both ends. You can then proceed to cut it into the desired size and shape for the particular recipe

Summer Frittata

Prep and Cook Time: 25 minutes



Ingredients:

- 2 whole eggs
- 4 egg whites
- pinch of turmeric
- ½ medium onion chopped fine
- 1 TBS chicken or vegetable broth
- 3 medium cloves garlic, chopped
- 2 cups thinly sliced zucchini squash
- ½ 4oz can diced green chili
- 1 small tomato chopped and excess pulp removed
- 2 TBS chopped cilantro
- salt and black pepper to taste

Nutritional Info

- Servings Per Recipe: 4
 - Amount Per Serving 193 g
 - Calories: 85.18
-
- Total Fat: 2.71 g
 - Cholesterol: 105.7 mg
 - Sodium: 317.4 mg
 - Total Carbs: 7.26 g
 - Dietary Fiber: 2.22 g
 - Protein: 7.93 g

Directions: Serves 4

Chop onions and garlic and let sit for at least 5 minutes to bring out their health-promoting properties. Beat together eggs, egg whites, turmeric, and a pinch of salt and pepper. Set aside. Heat 1 TBS broth in 10-12 inch stainless steel skillet. Healthy Sauté onion, garlic zucchini, and green chili for about 3 minutes stirring frequently. After 3 minutes add tomato, cilantro salt and pepper to zucchini mixture. Pour egg mixture over vegetables. Turn heat to low and cover. Cook for about 10 minutes checking periodically to see if eggs are firm. When done, run a rubber spatula around edge of frittata, cut into four wedges and serve.

Calabacitas - Mexican flavored vegetable side dish

Prep and Cook Time: 20 minutes



Ingredients:

- 1 medium onion cut in half and sliced thin
- 4 medium cloves garlic, chopped
- 2 cups zucchini diced into ½ inch cubes
- 2 cups yellow squash, diced in ½ inch cubes
- 15oz can diced tomatoes, drained
- 1 4oz can of diced green chili
- 3 + 1 TBS chicken or vegetable broth
- ¼ cup chopped cilantro
- 3 TBS fresh chopped fresh oregano
- salt and black pepper to taste

*Optional: drizzle with olive oil before serving

Nutritional Info

- Servings Per Recipe: 4
 - Amount Per Serving 301.7 g
 - Calories: 68
-
- Total Fat: .48 g
 - Cholesterol: 0 g
 - Sodium: 420.4 mg
 - Total Carbs: 13.47
 - Dietary Fiber: 4.61 g
 - Protein: 3.29

Directions:

Slice onion and chop garlic and let sit for 5 minutes to bring out their health-promoting benefits. Prepare all the vegetables by slicing and chopping. Heat 1 TBS broth in 11-12 inch stainless steel skillet. Healthy Sauté onions in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic and sauté for another minute. Add zucchini, yellow squash, remaining broth, green chili, and cook for another 3 minutes or so until vegetables are tender, stirring often. Add tomatoes and continue to cook for another couple of minutes. Stir in herbs, salt and pepper.

Serves 4

